

Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of subjects who had been exposed to different levels of physical activity. The subjects were divided into three groups based on their level of physical activity: sedentary, moderately active, and highly active. The results showed that the prevalence of low back pain was significantly higher in the sedentary group compared to the moderately active and highly active groups. This suggests that regular physical activity may help reduce the risk of developing low back pain.

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INTERFERENCE SEARCHED			
Class	Subclass	Date	Examiner
482	95	9/12/08	LO
	96		
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